



TEAM NUTRITION

Healthy Beverage Guidelines

Team Nutrition's Changing the Scene toolkit says, "The quality of the school nutrition environment depends on the quality of *all* foods and beverages sold or served at school," but schools may be wondering where to turn in writing healthy beverage guidelines. News about agreements with beverage companies, changing practices in schools in every state, and release of the South Dakota (SD) Model Wellness Policy last year suggest many options.

One place to start the discussion might be the SD Model Wellness Policy's standards for beverages which suggests that healthy beverages in vending machines include 100% fruit and vegetable juices (4-12 ounces), water that is non-carbonated and unflavored, and skim or 1% milk (8-16 ounce servings). The policy suggests no sale of soft drinks, sports drinks, punch, fruit drinks, iced tea, coffee, and coffee-like beverages. The only beverage in a classroom should be water.

Other resources for schools as they consider beverage guidelines include Team Nutrition's Making It Happen

(Approach 2) and Changing the Scene, (Component 3). Copies of these resources were sent to schools and they are available at <http://teamnutrition.usda.gov/Healthy/hsne.html>

The food industry and other agencies nationwide are responding to what schools are doing too. An example is a recent agreement reached by The Alliance for a Healthier Generation (William J. Clinton Foundation and the American Heart Association) and representatives of Cadbury Schweppes, Coca-Cola, PepsiCo, and the American Beverage Association. The new voluntary industry guidelines limit portion sizes and reduce the number of calories available to children during the school day. Under these guidelines, only lower calorie and nutritious beverages will be sold to schools.

These guidelines cap calories in beverages in schools at 100, except certain milks and juices whose nutritional value warrants the higher number of calories. Under these new guidelines, elementary schools will only sell water, juices (8 ounce, no added sweeteners) and milk (fat free, low fat, regular, and flavored). At least half of



This is really the beginning of a major effort to modify childhood obesity at the level of the school systems. RH Eckel, American Heart Association

available beverages in high schools will now be water, no calorie, and low calorie selections. Light juices and sport drinks will be sold in 12 ounce containers with no more than 100 calories per container.

This guideline applies to the regular and extended school day (including after-school activities). It does not apply to school-related events such as sporting events and concerts.

According to an ABA report, regular soda purchases by students have been falling but still account for 45 percent of beverages sold in schools in 2005. With this new science-based guideline, schools will now be able to renegotiate contracts with healthier drinks available. They need to work through their current bottler.

Special points of interest:

- *Get ready for summer with gardening activities.*
- *Plan for next school year with bulletin boards and project ideas.*
- *Keep up with the latest nutrition news..*
- *Gather resources for nutrition teams and wellness committee activities.*

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Kids Gardening

As summer approaches gardening becomes the hobby for many adults and children. Growing fruits and vegetables is a perfect way to encourage kids to make and taste new foods. Summer recreation, 4-H programs, day care centers, and Boys and Girls clubs can take advantage of the exercise opportunities of gardening as well as the produce that is grown which can be served in a summer feeding program.

Ideas for summer educational projects are available on the kidsgardening.com website. Each month the site features educational activities, garden contests, and ways to encourage youth gardening. The "[Warming Up to Food Education](#)" page on the website provides information on

these classroom activities and many more:

- *Once a week, have a student and parent sign up to make a healthful snack.
- *Find a farmer, chef, or other food producer willing to visit the classroom or host a field trip.
- *Focus on a monthly food "celebrity". That is a food that is in season that is featured in displays or bulletin boards, food preparation experiences, taste tests, research or artwork.
- *Teach students to eat a rainbow of colorful, healthful foods.
- *Visit a grocery store to find out the origins of different produce items.
- *Invite students to explore food labels and advertising strategies.
- *Start a cooking club.

*Use fiction and nonfiction books as starting points.

*Ask older students to teach younger students on some aspect of food and nutrition.

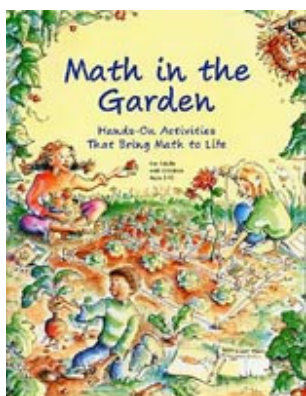


The "kidsgardening" webpage includes links to teacher resources, parents' information, a school greenhouse guide, exploring hydroponics, and grant opportunities.

One of these funding opportunities is the National Gardening Association [Youth Garden Grant](#) that might be accessed to benefit a local project.

Math in the Garden

The application of gardening as a teaching tool does not stop with nutrition lessons. A hands-on curriculum called *Math in the Garden* with functional lessons for 5 through 13 year olds is closely tied to national mathematics standards. It was created through a partnership of the University of California Botanical Garden and Lawrence Hall of Science in Berkeley, California and information is on the



[Kids Gardening](#) website. Sample lessons from *Math in the Garden* are in free editions of the [Kids Garden News](#).

Sample Math Activities

Number and Operations	Count lettuce seeds planted, the number that germinate, and calculate germination rate.
Algebra	Use algebraic formulas to compute the amount of fertilizer to add to a liter of water.
Geometry	Determine the weight and volume of potting soil needed to fill different containers.
Analysis and Probability	Measure the height of a group of plants and determine the mean, median, and mode.
Measurement	Calculate serving sizes of common fruits and vegetables using measuring cups.
Problem Solving	Track the cost of garden supplies against the amount of produce you harvest. Calculate cost per unit. Compare to the local market.
Reasoning and Proof	Compare the actual germination days with those listed on a seed packet. Discuss accuracy and variables.
Communication	Calculate the food waste in the cafeteria and the amount that can be composted. Do a presentation for students on reducing food waste.
Connections	Draw a scale map of a garden. Plan new garden designs using the map.
Representation	Complete a market survey of students and parents regarding garden products you might want to sell. Interpret your data.

Taste Test Tuesday

Cathy Schneider, food service director, at St. Mary's Elementary School in Sioux Falls will be using her new Team Nutrition Mini-grant to get kids to taste test some new and unusual foods during their school lunch time. The program has been trial-tested for five weeks with children experiencing hummus with pita bread wedges, pomegranate seeds, hot diced beets/pickled beets, couscous, and baked sweet potato fries. She made a hit recently by serving dark chocolate on Valentine's Day. Other foods tasted on Tuesday's at school lunch include edamame (green soybeans from Japan), venison jerky, and black bean dip.

Before the children taste the new food, the lunch staff explains the food and its origin. Upcoming tasting experiences will include dates, soy milk, vegetable chips, and star fruit.

According to Schneider in her mini-grant proposal, "The goal is to raise awareness of food choices available, to teach students to evaluate foods and read labels, to explore ethnic cuisines, to question nutritional value of purported

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'health foods', to learn about foods from around the world, and to encourage students, staff, and families to try dietary adjustments on a small scale. Using the school cafeteria and offering samples during regular lunch enables more students the opportunity to try a new taste. Staff and families are encouraged to get involved with preparation, research, home sampling, and surveying results."



Food Certification Institute for school food service managers and staff is scheduled for June 18-26, Augustana College, Sioux Falls. The Healthy Schools Track 5 will feature topics on school wellness including strategies to address the childhood obesity epidemic. Bulletin boards and the HealthierUS School Challenge will be part of the track. Information and registration are at <http://doe.sd.gov/oess/cans/training/certinstitute/index.asp>



CONFETTI VEGGIE SPAGHETTI SALAD

117 calories, 6 g fat

- 4 ounces raw spaghetti
- 3/4 cup diced tomatoes (4 1/4 ounces)
- 3/4 cup frozen mixed vegetables (3 1/2 ounces)
- 4 1/4 ounces (3/4 cup) diced American cheese
- 2 Tbsp diced black olives
- 1 Tbsp diced red onions
- 2 tsp mild pepper rings (pepperoncini), chopped
- 2 Tbsp Parmesan cheese
- 3/8 tsp basil leaves
- 3/8 tsp black pepper
- 1/4 cup lowfat Italian dressing

School food service staff and parents can get professional help from chefs to increase the quality and appeal of children's meals.

<http://schoolmeals.nal.usda.gov/Chef/recipechallenges.html>

Confetti:

- 2 Tbsp Parmesan cheese
- 1/8 tsp granulated garlic
- 1/8 tsp black pepper
- 1 1/8 tsp dry parsley
- 3/8 tsp basil leaves

1. Break spaghetti into pieces. Cook, drain, and cool.
2. Combine vegetables, spaghetti, and confetti.
3. Toss with lowfat Italian dressing and refrigerate for 2 hours before serving.

Displays and Bulletin Boards

Summer is a time to unwind and relax from the school year, but it is also a time to regenerate by searching for new ideas. Recent requests for bulletin board ideas sent Team Nutrition staff and local partners looking for visual resources that can be reviewed over the summer. These are meant as idea starters and are not endorsed by USDA Team Nutrition.

A neatly arranged bulletin board site with displays listed by category and month is at <http://home.bellsouth.net/p/s/community.dll?ep=87&subpageid=54666&ck=> Editor, Barbara Colvin, University Christian School.

Another interesting set of bulletin boards is part of the Division



of Nutrition Assistance of the Louisiana Department of Education. The Jazzy Food & Nutrition bulletin boards are at <http://www.doe.state.la.us/ide/nutrition/1448.html>

SD Nutrition Network has also developed a set of five interactive bulletin boards that are matched with several of the *MyPyramid for Kids* lessons at http://extfcs.sdstate.edu/fnp/network/page_pubs.cfm?id=54&page=Mission/Goals

Tips from the creator of the Spring display.

"These were our Spring hallway decorations. The butterflies were made with a pattern. The children squirted paint on one side and then folded the other side over and added a pipe cleaner body and antennae when dry. The flowers were simply trace and cut patterns.

The ladybugs were made with a 6" paper plate painted red with a die cut circle for the head. The children used a bingo dobber to make the spots and glued on wiggle eyes and pipe cleaner legs. The bees were also made from 6" paper plates painted yellow and black. Die cuts for the torso and head, wiggle eye, and pipe cleaner legs and antennae. We used laminate scraps for the wings."

TEAM Nutrition Materials Developed by Other States.

Connecticut *Action Guide for School Nutrition and Physical Activity Policies*. Turns research into real-life strategies that work at the local level. <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>



Kansas *Body Walk Educational Exhibit* for Grades K-5. Tour of the human body which includes experiential educational activities. <http://www.bodywalk.org/index.htm>

Michigan *Eat Healthy. Pay Hard. Read More Family Bookbag*. K-2 students and their families with an opportunity to have fun together reading while learning about eating healthy and being physically active. <http://www.familybookbag.fcs.msue.msu.edu/>

Maine *Theme Internet Kits*. Tie the classroom to the cafeteria to promote a healthy school environment for each of the ten months during the school year. <http://www.maine-nutrition.org/MN/MNInternetKits.htm>

Montana *Making It Balance and Kickin' It Up: A Cycle Menu for Montana Child Care*. Five weeks of menus, recipes, and resources. <http://www.opi.mt.gov/schoolfood/cyclecare.html>

Montana *Mind and Body--Activities for the Elementary Classroom*. <http://www.opi.state.mt.us/PDF/Health/Mind&Body.pdf>

The New Hampshire *Best Practices for Healthy School Nutrition Environments*. Experiential information about competitive mini grants that were offered to NH schools. <http://www.ed.state.nh.us/education/doe/organization/programsupport/bnps.htm>

North Dakota *Nutrition Newsletters for Teachers*. <http://www.dpi.state.nd.us/child/teachers/index.shtm>

Wisconsin *Improve the School Nutrition Environment*. <http://dpi.wi.gov/fscp/pdf/tnbookit.pdf>

Wisconsin *Toolkit for Nutrition and Fitness through Service-Learning Initiatives* include "NOUN—It's What You Eat" and "ADVERB—It's How You Eat and Play. <http://dpi.wi.gov/fscp/pdf/tnnounbk.pdf>



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Resources to Print

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Brochures addressing timely topics—*The Benefits of Recess before Lunch, Healthy Vending Machine Snacks and Beverages, Healthy Fund-raising Ideas for Your School, Eat Your Fruits and Veggies, and The Use of Nonfood Rewards in School*—are available from Child & Adult Nutrition Services at <http://doe.sd.gov/oess/cans/nutrition/resources.asp>. Other brochures include *The Power of the Bean* and *South Dakota Team Nutrition*.

The Food Research and Action Center has also created a *Parent Outreach Brochure* to encourage more parents to get involved in creating local wellness policies for their school district. Parents may be unaware of the opportunities that exist for them to get involved in this important process. After-school and summer programming is also addressed. The brochure is available at http://www.frac.org/pdf/parent_outreach.pdf

Resources to View

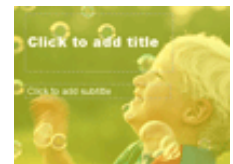
In recent months several schools and programs have been featured in local TV news. View the **KELO news clip** about vending machines at Eureka at http://www.keloland.com/NewsDetail2817.cfm?Id=0_47843. The broadcast of a nutrition segment on South Dakota State University Extension's *On Call* featuring Marty Indian School and Madison School District is available at [tp://media.sdstate.edu/mma/oncall/OnCall040206.wmv](http://media.sdstate.edu/mma/oncall/OnCall040206.wmv).

The South Dakota Child and Adult Nutrition Services and Coordinated School Health has a series of **school wellness policy videos** made with nutrition educator and trainer, Dayle Hayes, which are available online at <http://doe.sd.gov/oess/cans/training/wellnesspolicyvideo.asp>

A **PowerPoint presentation template** on MyPyramid is at <http://office.microsoft.com/en-us/templates/TC010188041033.aspx?>



Microsoft Office on-line also has food and activity-related **PowerPoint slide design templates** to download into your computer. <http://office.microsoft.com/en-us/templates/CT011377381033.aspx>



Feeling for the Nutrition By: Andrea Donovan, University of South Dakota Dietetic Intern

"Reach into this box and tell me what fruit or vegetable you think it is, no peaking!" The boy reached into the gift wrapped, mystery box to feel the vegetable and try to guess what it was. After several moments of thoughtfulness the boy cried, "Cucumber!"

The game, "Guess the Mystery Fruit and Vegetable," was simple, educational and a success at this year's Youth and Family Services Kids Fair in Rapid City. With over 8,000 children in attendance, University of South Dakota dietetic interns were able to provide education on fruits and vegetables to children of a variety of ages and ethnicities. Interns placed commonly known fruits and vegetables along with some lesser

known ones. The children loved the game and many returned to play again



to see if the fruits and vegetables in the boxes had been switched. Some parents were interested in playing the 'Mystery Game' and took part in the education with the children.

The fair lasted three days with some exciting attractions to bring in the children. Nickelodeon's Slime Team was there on Saturday. The fair also had pony rides and a petting zoo, inflatable jumping castles, mini train rides and sandboxes. Other booths featured hands-on education on how to keep their bodies in motion and take care of their bodies. This annual fair was a great opportunity to provide some hands-on education to thousands of kids that may not get it anywhere else. Visit the Youth and Family Services website to check out some of the photos from that weekend at: <http://www.youthandfamilyservices.org/kidsfair/photogallery/2006.php>